

DEPARTMENT FOR WOMEN

MOTTO: "To live and learn and be all that not harms distinctive Womanhood"—Tennyson

A MOMENT WITH THE CONDUCTOR

—JULIETTE LEE.

Two Great Movements in Which Women are the Chief Beneficiaries—Universal Suffrage.

The accomplishment of Universal Suffrage represents the struggle of women for equal rights during a period of more than a century. For three generations women have worked, written, talked and prayed for Suffrage. They have suffered the most degrading ridicule and often in their zeal have resorted to ridiculous measures. At least the standard beneath the goal and have come to the end of "A great adventure."

One of the most ardent advocates of the cause was Susan B. Anthony. She, with Elizabeth Cady Stanton, organized the National Suffrage Association of which she was president for many years.

Like National Prohibition—Universal suffrage should be a great import to the women of our group. Suffrage comes to us at a time when we are far better prepared to use it, than when it fell to the privilege of our men. We represent the greater part of intelligence of our group and to us the cause of children is an ever burning question. "We should solemnly dedicate ourselves to the pursuit of any and every cause that will vouchsafe to our children the entrance into the 'Kingdom of Self-respect.' What then do we want? We want equal school facilities, better sanitation and living quarters, insuring better health for our children—play parks for their recreation, justice in the courts, living wages for our brothers and husbands—in short all that will make us good American citizens. If then, the power be in the ballot, let us do all we can to put the lever to work.

We realize that we represent a minority in this country, then it behooves us to be able to convert friends to our cause. It will require an unusual amount of tact and a keener vision in the women of our group, so that they may unite themselves with those forces which promise most to our cause. We must take no indefinite promises, but definite propositions as to the worth of our power. Then we must be zealous workers, laborers worthy of hire—let us never be classed with

GOOD TIMES AT SMALL COST

The hostess prepares in advance as many sheets of paper with pencils as she plans guests. On one piece of paper in an off hand manner draw a line—the one used at a former party was bow shaped, very much like a line drawn on a piece of tracing paper and make similar lines on all your papers. When your guests arrive, set them to work to develop a picture including the given line; Roses, dogs, faces, umbrellas and many universal pictures will result as varied as the talent of your guests. Give prizes for the best-looks of fun for both those who can draw and for the others.

NOTICE TO CLUBS

Many clubs are asking how they may share the columns of the "Department for Women." You are all very, very cordially invited, no matter whether the club is a Dallas club or from any other town or city. Simply write your report briefly and send it in to the Dallas Express office marked for the "Department for Women." If from out of town, be sure to state the name of the club and of the city in the write-up.

Sincerely,
JULIETTE LEE.

"She perceiveth that her merchandise is good; her candle goeth not out by night."—Proverbs.

the "Esau's"—nothing shall rob us of our inheritance.

Parties must be of lesser interest to us and "planks" more. Let us have word ever be "opportunity for All," but our children in particular. Let us not have this experience—A woman of color gave her child a drink from a public fountain, she was accosted—when she remarked, "I saw no sign." She was told when you see no special sign it means whites only. So my dear friends, when we are told to fear in line, let us have the assurance of "Opportunity for All," then for fear, let us have added, so as to preclude and ease of error "Negroes included."

PRISCILLA ART CLUB

The weekly meeting of the club was held with Mrs. Herbert Batts, 2416 Allen street. An unusually large number of ladies answered roll call. The hostess had on display two pairs of pillow slips, two table runners and her finished piece of needlework, which proved to be one of the most industrious of all the Priscillas. Mrs. Hunter of Navasota and Mrs. Albert Payne were pleasant visitors. The service consisted of Fried Oysters, Pekoe Tea and Crackers with individual buttonieres of violets.

THE LADIES READING CIRCLE

The Ladies Reading Circle met at the home of Miss Dottie Caldwell, 1214 Boll street, Friday Feb. 27th. The magazine lesson, Democracy Nationally and a League of Free Nations, by Root, was conducted by Mrs. J. C. Frazier, president of the Circle. Miss B. Burson read an excellent paper on the subject, "Debts of the Bellgerents." The lesson from Hazen, "Small States of Europe," was conducted by Miss Lillian M. Tucker. Alternate reading by the members, "America's Conditions of Peace," by Woodrow Wilson; which article contained President Wilson's "Fourteen Points." Music was furnished by the victrola. Eighteen members responded to roll call by naming a country damaged by military or naval operations. Mrs. R. C. Thraas was a pleasant visitor to the Circle. The hostess served a three course dinner.

THE DIAMOND CHARITY CLUB

The Diamond Charity Club, which met Thursday at 3:30 p. m. at 2929 Thomas Avenue, Mrs. O. V. Reed being hostess followed a special program. Mrs. J. H. Walker read a paper treating on "The Beauties of an Unselfish Life." Mrs. A. D. Laucherty recited a selection from Dunbar entitled "In the Morning," and Mrs. E. B. Williams covered the subject, "Preservation of Life." The hostess served a course of hot chocolate and whipped cream and cake. Due to the absence of Mrs. Percy Jackson being called out, the city, the same will be our hostess Thursday, March 11th at 2413 Allen street.

TESTED RECIPES.

—MISS LUCILLE WILLIAMS,
Domestic Science, Dallas
High School.

Treatment of Spring Fever

With the coming of Spring, one has a feeling of lassitude, a disinclination to work and a desire to sit, rest and day dream. This is caused by a clogging of the system during the winter months and for the lack of a better name we call this feeling, "Spring Fever."

How are we to overcome this dullness? In this age of progressiveness we have outgrown the sulphur and molasses mixture that our grand parents thought so necessary when the first warm days appeared.

We have learned that the lack of sufficient action causes this lassitude. It is natural that there will be an inactive state of the blood when warm weather begins. During the winter months the cold has kept the blood tingling through the veins. The circulation then continues high as long as the cold bours it up, but when the weather becomes warm the circulation retards thus becoming slower and slower.

When the action of the blood becomes sluggish, eruptions generally appear on the skin. Since nature takes away the necessary stimulation we must devise some means.

Exercise must be the means to this end. Careful selection of foods taken into the system must be considered. If you play tennis, plan to rise forty-five or sixty minutes earlier; play several games before entering upon the regular duties of the day. Perhaps you do not care for the same, then work in the flower beds or gardens or take a long walk in the fresh open air. Walking is an invaluable exercise. Breathe deeply as you go along, filling the lungs with pure oxygen. On returning, after a few minutes rest, take a quick cold bath, if your heart action is good.

Leave these off for a while and eat plenty of vegetables and fruits. Green vegetables, especially spinach

STEWARDESS BOARD NO. 3.

The regular meeting was with Mrs. W. R. McMillan 2302 State street. A large attendance was present, and things moved lively, looking forward for their Annual Entertainment; named for this year, "The Congress of the Senate." Among the visitors were Mrs. Jordan of Los Angeles, Calif., who made remarks on church work in her city. Rev Smith laid before the clubs some work for the future looking forward to the "New Bethel."

The hostess served a dainty salad course. Next meeting with Mrs. J. C. Frazier, 1214 Boll street on Wednesday afternoon March 19th.

CORTICELLI ART CLUB

Mrs. H. M. White 1720 Burford street was hostess to the Corticelli Art Club Monday afternoon Feb. 16. All members were present but the president. After a delightful hour spent in Art, the hostess served a very delicious repast. Several applicants were brought in for membership. Several important plans were laid for the welfare of the club. The Corticelli Art Club held its weekly meeting with Mrs. B. George at the Royal Cafe, Mrs. A. Payne presiding. After the usual work the club enjoyed many selections of instrumental music. There were several visitors present. The hostess served a very sumptuous repast.

THE CORTICELLI ART CLUB

The Corticelli Art Club held its regular weekly meeting with Mrs. H. M. White Monday afternoon, 1720 Burford street. After an hour of needlework, there were many important plans laid for the welfare of the club. On account of the illness of the president, the vice-pres., Mrs. A. Payne presided. The hostess served a very delicious three course luncheon.

is recommended.

Tested Recipes
Salmon and Potato Croquettes.
1 can salmon, 2c potatoes (mashed), Salt, 1-2 tsp Paprika, 1 Egg, Crumbs, and Crisco.
Bone salmon, mash, add beaten egg and potatoes. If too soft add a few crumbs—shape croquettes and roll in crumbs. Fry in deep fat.

TAYLOR

Taylor, Texas, Mar. 4.—Mr. Reuben Lockhart of Kansas City, Mo., enroute home stopped over to visit his sister and family. Mr. and Mrs. E. H. Hathaway. Rev. T. C. Harris preached for Rev. Anderson Sunday a. m. while enroute to the Republic of Mexico to which he has been appointed presiding elder. Mrs. Amelia Herring and children left Saturday night for Chickasha, Okla., their future home. The funeral of Mr. Jackson Harris was attended Sunday from Mt. Airy Baptist Church. Quite a number from far and near were in attendance. Rev. P. H. Jackson, pastor, preached in a very forceful manner the subject, "After Death the Judgment." Rev. Anderson assisted Rev. Jackson. Mrs. C. M. May and Mr. Thos. Herrin were quietly married Thursday night. Rev. G. W. Anderson officiated. Miss Jaunita Scott and Mr. Boyd Souell of Austin were married at the home of the bride Sunday and left for their future home. Rev. Anderson officiated. Mr. David Woods and Miss Rilla Murray married Sunday evening. Rev. Anderson officiated. Rev. J. D. Leonard was with his congregation Sunday. Prof. Artis, the organizer of the Modern American Order, is visiting the membership here. Mr. Rufus Harris has returned from Cal. and attended the funeral of his brother, Jackson. Mr. G. E. Crayton of Thorndale, Texas, stopped over enroute to Bastrop, Texas. Get the Dallas Express at Mr. Will Allen's barbershop every Saturday. He is a live wire.

ITALY

Italy, Texas, March 4.—Sunday schools and churches were well attended on last Sunday. Rev. P. A. Prince preached a master sermon from the book of Isaiah. His sermon show quite a bit of preparation and study. Rev. M. M. Burnes filled his appointment at St. Mary of last Sunday. Mrs. M. Bell, one of Italy's oldest citizens who was well respected by both white and Colored departed on the 9th instant. Mr. Jas. Lowe and family of Waxahachie visited their relatives and friends here last Sunday. Principal A. W. McDonald was called to Galveston by a telegram to the bedside of his wife, who was ill with influenza. Prof. McDonald reported upon his return that Mrs. McDonald was doing splendidly. Mrs. Little Sweat visited her mother in Waxahachie, who was ill on last Saturday. Miss Georgia Mae Hardeman, a student of Samuel Huston College, came home ill last week; we wish for her a speedy recovery. See me—Jodie Devereaux for your paper and have your nickel ready when I come around.

POCATELLO

Pocatello, Idaho, Mar. 4.—Rev. H. C. White filled his pulpit Sunday morning and at night. Sunday school was well attended. The church super given at the A. W. McDonald on the 16th instant was a financial success. Rev. Marengopa will give his farewell lecture the 24th of this month. Mrs. Albert Douglas is here at the bedside of her sick daughter, Mrs. Adell Richmond. Mrs. Douglas will make Pocatello her future home. Mrs. H. Reed entertained the Sempre Fidelis Club Thursday afternoon, 19th instant, at the residence of Mrs. Wm. Rhodes. They will meet again next Thursday at the residence of Mrs. Chas. Young, 347 N. Third street. Mr. and Mrs. Chas. Carr of Burley, Ida., is stopping at Mr. J. H. Pearson, 323 N. 5th avenue. All of you here that are from the South who have been begging me to send for the Dallas Express can get same every week not later than Tuesday at 134 So. First Avenue. Quite a number of our race men are employed on the city clean up gang, which looks good to me. Good cooks are in great demand here at good salaries. See or write Mr. Ben Carothers, 244 N. Second; phone 360. Mrs. Jewel Green underwent an operation last week. She is reported slightly improving. Those who are listed among the sick this week are: Mrs. Harry Kilgore, Mrs. Adol Richmond, Mr. Henry Walker, Mrs. Geo. Pearson, Mrs. Jewel Green and Mrs. Mary Johnson. Mr. T. E. Moody has fully recovered from his recent spell of illness and is now at his place of business.

CLARKSVILLE

Clarksville, Texas, Mar. 4.—The kind and amount of sickness is similar to what it was last year, flu, but not so many deaths. The physicians seem to be heading it off to some extent. On last week we lost one of our best citizens in person of Mr. Ballard Mickens, who was a very successful farmer. He had a very serious case of pneumonia in both lungs and his case was hopeless. Mrs. Vada Baker and Mrs. M. E. Tapp are on the sick list with the flu. Supt. Williams is in our city making his round out at Slate Rock Church. The Senior Class in the High School rendered their last social program on last Friday evening which was indeed a good one and every body enjoyed it. On the following night a reception was given them by Mrs. Mary Trimble, which being well prepared, was much enjoyed. Our teachers are doing a great work for our boys and girls. Prof. L. M. Beeton is indeed a prepared man who sits at the helmet. Prof. Hughes of Oklahoma came in on business to see Father, Hughes, who has been sick but is doing fine at this writing. St. James Baptist Church held their board this week and quite a number were present. Mrs. G. M. Munchins left Wednesday morning to be with her sick mother. She carried Cival with her.

Read the Express when you think you feel bad and it will make you good and each Saturday you will hunt H. Y. Martin to get it, in order to feel good.

JACKSBORO

Jacksboro, Texas, March 4.—Sunday was a bad day. No service at any of the churches. Mrs. Reide and Cora Henry are visiting Miss Ada Hembry at Aleta, Texas. Mrs. Ruth Bailey and son, Frank, are visiting Mr. Frank Baley. Mr. Pat and Albert Weems are here from Oklahoma. Mr. H. P. Lewis left for his home in South Texas. Mr. John Hays is able to be up again.

FORNEY

Forney, Texas, Mar. 4.—Sunday school was well attended at all the churches. Rev. L. W. Mackey filled his pulpit and preached the mission sermon. Rev. P. M. Mitchell filled his pulpit all day Sunday. Mr. C. W. Sanders left Thursday afternoon to attend the 5th Sunday Board meeting at Celeste, Texas. Master Cornett of West Dallas spent Saturday and Sunday with Mrs. A. R. Shaw. Mrs. Ida Wilson and Miss Beatrice Williams were in Dallas last Thursday. Mrs. N. B. Nichols is on the sick list.

MINERAL WELLS

Mineral Wells, Texas, Mar. 4.—The Ministerial Alliance met Tuesday Feb. 24th at the C. M. E. Church. The session was splendid. St. John Land Board met with Bethel Baptist church Feb. 25-29. Had a grand session. A neat little sum was left for the church to help defray the expenses which was highly appreciated by the church and pastor. Mr. Zoll-

coffer, who has been sick with the flu is able to be up again. Mrs. Dr. Strong of Gainesville is visiting her mother. Mrs. Stephens is here at the bedside of her mother. Miss M. Cass has returned from Blooming Grove, Texas. Miss Nannie Ekner of Fort Worth visited her mother last week. Mrs. Sallie Lewis died Friday night. Her funeral was held Monday evening at the first Baptist church. Mr. and Mrs. W. A. Davis, headwaiter at the Crazy Hotel for more than a year left Feb. 25th for Shreveport, La.

MARLIN

Marlin, Texas, Mar. 4.—Sunday school and churches were poorly attended on account of the inclement weather; however, some braved the storm. The flu has about spent its force; no new cases reported. Mr. Isaiah Phillips of Calvert is visiting Mrs. Rachel Reed. Rev. G. W. Strongfellow of Cameron stopped over with us on his return home. Prof. F. A. Stamp and his corp of teachers have dismissed the flu and are running on schedule time.

Woodmen Camp Set up at Sherman. Deputy B. K. Johnson of the Colored National Woodmen set up a Camp here at Odd Fellow Hall Thursday night, Feb. 25th. The following are the officers: Mrs. L. E. Hume, C. M. Mrs. S. E. Cook, V. C. M. Mrs. Lillie Coleman, F. C. Mrs. Ida Groves, Recorder; J. B. Brown, Banker; Peter T. Jackson, Chaplain; Manerva Davis, Escort; Robert L. Ward, Watchman; Dave Walker, Guard; General Weathers, Caroline Freeman, Charlie Burks, Managers. The Camp bids fair to be one among the leading organizations in the city. Deputy left for his home at Bonham Texas, Saturday.

Card of Thanks

We acknowledge this method of thanking the people of Abilene for their kindness during my illness while there. May the Lord be with you all.
JAUNITA MERRELL.
MRS. JANE MERRELL.

Texas Towns

TEXAS COLLEGE CULLINGS

Tyler, Texas, Mar. 4.—More than one hundred students of the High School, Normal and College departments rendered the Oratorical, "Holy City" in the college chapel Sunday night. Miss Essie L. Ashley was called home in Ringgold, La., on account of the illness of her mother and brother. She was accompanied as far as Stillley, La., by Mr. G. C. Rawlston. Mr. Boyce Cooper spent a few days at his home in Pittsburg. Miss Willie L. Rutledge was called to her home in Pittsburg on account of the illness of her mother, Mr. and Mrs. R. Spears, Pittsburg, were pleasant visitors of their daughter Rhoeila Spears. Messrs. Dewey Samples, Raymond Williams and Costromer Jones are spending a few days at their home in Kilgore. The Texas College baseball team was defeated by the Tyler Outlaws Friday evening on the college campus. The scores were 6 to 2. The students of the High School, Normal and College department rendered the Oratorical "Holy City" to an appreciative audience at the First Baptist church Friday evening at 7:30. The students have organized Self Government Clubs, and in most of the disciplines of the Y. M. and Y. W. C. A's. gave hands of students. The membership of the Y. M. and Y. W. C. A's. gave

an entertainment in the Chapel Saturday evening from 7:30 until 9:30. The attendance was large. The boys reading room was opened Sunday morning to the public. Each boy is urged to read some bit of current event daily.

A. B. RICE, Reporter.

NACOGDOCHES

Nacogdoches, Texas, Mar. 4.—Services were good at all churches Sunday. Rev. Burkhalter was with his people at Galilee. Rev. T. A. Amos at the C. M. E. Church where he is putting things over the top. Rev. L. V. Bolton, the popular pastor of Zion Hill Inst. Baptist church preached a strong sermon at the 11 o'clock hour; subject, "The Transformation of Failure." Mr. Windom who died Saturday morning was buried at 3:30 o'clock Sunday at 8 p. m. pastor Bolton appeared behind the altar after deacon J. B. Townsen had conducted a warm prayer service, and spoke to a large congregation. His text was the Second Commandment. Come out every Sunday night and hear our pastor preach on the commandments. Rev. M. T. Walters went to the Grayland B. C. Sunday. Rev. J. H. Sherman went to Hemphill Texas, Saturday. The mass meeting held by the Ministers' Association at the First Baptist church last Thursday night was a success. The officers for this year are, viz: Rev. L. V. Bolton, Pres.; Rev. E. D. Drew Vice-president; Rev. M. T. Walters, Secretary; Rev. T. A. Amos, Treasurer, and Rev. T. J. Hunter City Missionary. The W. H. M. Society is in every way a success at Zion Hill. It raises more than \$40.00 every month. The B. Y. P. U. is putting things over the top in a financial way. Miss Marguerite Benton and Lidia Mae Curl are in the lead. Come to Zion Hill every Sunday and enjoy yourself. Hear the choir in every service under the instruction of Rev. J. Jackson, and hear pastor Bolton, who always preach strong sermons. Collection for Sunday \$43.50. Give your news to WillieB (uad) PynFvc AL f 9Nay to Willie (Bdd) Payne, and don't forget to stop at his Tailor shop and get the Express every Saturday.

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Pants

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